# met

**PHILADELPHIA**'S #1 DAILY NEWS

Wednesday, November 6, 2013

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# Ahead of his TIME

**An idea.** Two years ago, South Philly's Lorenzo Buffa designed a wood watch for his college senior project. **A vision.** Prototypes were created and his idea spread. **A reality.** Now, the entrepreneur has raised more than $60,000 on Kickstarter to bring his brand to life. PAGE 02


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## Bang a drum for Philly's first DanceAfrica

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## McConaughey: Everything's not bigger in Texas

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## Christie wins re-election by a landslide

PAGE 08


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1 NEWS

Facebook

## *Win an iPad Mini*

**Want a free iPad Mini? Well, your favorite daily newspaper is giving them away. All you have to do for your chance to win is like us on Facebook. Go to www.facebook.com/MetroBoston and click on "enter to win." The contest only runs for two weeks, so be sure to enter today.**

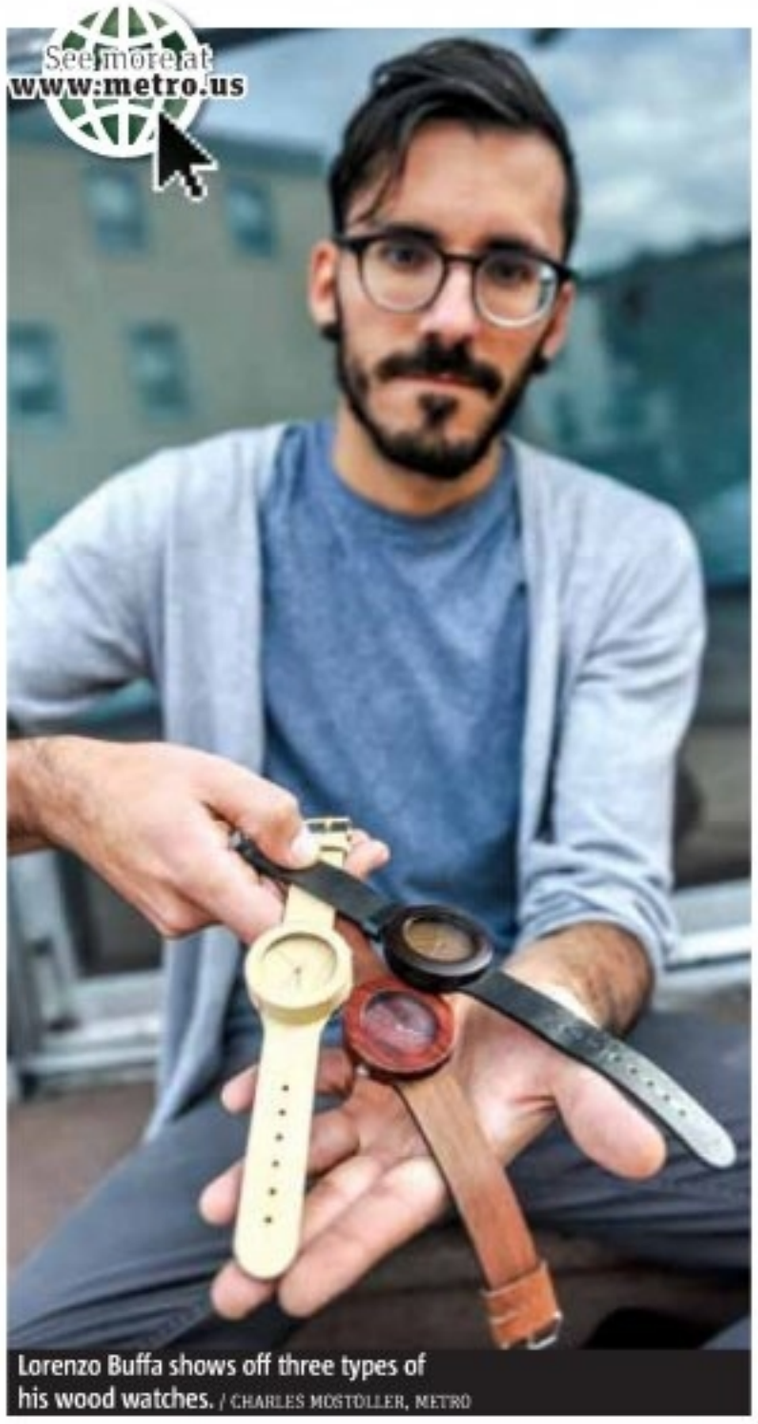
Local tweet

**"I love Christmas so much that I think about it 3 months early and listen to Christmas songs all day! #couldntfind christmasemojis"**

@laina_bleau is already full of Christmas cheer.

# Watch this guy

**Raw talent.** South Philly's Lorenzo Buffa turned a college project on wood watches into a viable business.



Lorenzo Buffa shows off three types of his wood watches. / CHARLES MOSTOLLER, METRO

Lorenzo Buffa set his goals pretty modestly. When he started his Kickstarter campaign, he figured $10,000 should cover initial production costs for his all-natural wood watches.

With three days left to go for bids, he's already raised more than $61,000. The project is the highest-rated on Kickstarter for the region.

"It's fantastic. I'm totally elated," Buffa said.

Two years ago, Buffa, now 26, was working on his senior project at the University of the Arts. Knowing when he graduated he wouldn't be entering the job market at the greatest economic time, he wanted to design something that he could work on long after classes ended.

His senior project turned into the Analog Watch Co. with an emphasis on flexible, all-wood watches made from raw materials. "It got really, really great reception. People started contacting me."

Four months after that, he developed a prototype and has been working on designing, production, marketing and public relations. He works closely with his mentor, Vanja Buvac of Philadelphia watch company Cadence.

But why watches made from wood?

"I have an interest in natural materials," the Palmerton native said. "I've always been drawn to wood. I've seen other wooden watches and they were all made the same way.

"They just weren't really fitting my aesthetic, which is minimal, clean, stream-lined. I wanted to do something more iconic and shaped."

Buffa, who nows lives in South Philadelphia, sourced thin wood veneer and attached adhesive and leather for reinforcement. He said material research was a huge part of the original project.

Using a manufacturing company with experience in both woodworking and watch assembly, the final product was created and inventory should be available by February.

The first batch of watches — known as The Carpenter Collection — will go to Kickstarter backers. Stock inventory will follow, along with online orders and, hopefully, getting it into boutiques and stores in the city.

"I just wanted to create something that people could wear often or every day. I noticed that jewelry and fashion accessories function a lot as a conversation piece. It's like a sculpture on your wrist. Having my design be something wearable allows it to be a conversation starter."

Time flies

**Buffa next is focusing on a stone collection — a watch body with marble grain and a high-quality leather strap.**

- The wood watches are 90 percent biodegradable.
- No two watches are the same. "We're not using stock material," Buffa said. "We're using a natural product."
- To donate on Kickstarter, search for "The Carpenter Collection All-Natural Wood Watch & Soft Strap."

Entrepreneurship

## Philly is the place to be

Buffa said Philadelphia is a great place for entrepreneurs and if he was dong his business in New York City, it wouldn't succeed.

"Philly's creative community is so tight," he said. "My voice is actually heard when I talk about something."

There's a resurgence of manufacturing, Buffa said, and he credits community events and organizations as key elements to help him produce and market his brand. "Here, you really stand out," he said. "It's a lot easier to get traction here."

Product costs are lower and even renting out space for a studio or workspace is affordable, he said.

"Philadelphia is a great place for creative entrepreneurs," he said. "There's a lot of stuff happening in tech, apps or software. Even if you're more on the consumer end, Philly is just a phenomenal place for that."

Quoted

**"Since I've graduated, I've really made an effort to immerse myself in the Philadelphia art culture, really continuing to teach myself."**

Buffa

CHRISTINA PACIOLLA
christina.paciolla@metro.us

# Defense. Man shoots, kills robbery suspects near Reading store

A concerned citizen shot and killed two men who had just robbed a Reading convenience store Monday afternoon at Krick's Korner.

Suspects Williams Medina and Robert DeCarr exited the store after stealing cash, cigarettes and lottery tickets, according to reports. They pulled handguns on the concerned citizen when he confronted them in the parking lot and indicated he was calling police.

The man drew his own weapon and shot Medina and DeCarr. He will not face charges. Both men died at the scene of gunshot wounds to the chest. METRO

Logan

## Two cops hospitalized after crash

Two police officers were hospitalized Tuesday after their cruiser collided with a BMW sedan while they were on patrol, reports say.

One of the officers suffered injuries to his leg and foot, while both were treated for concussions. METRO

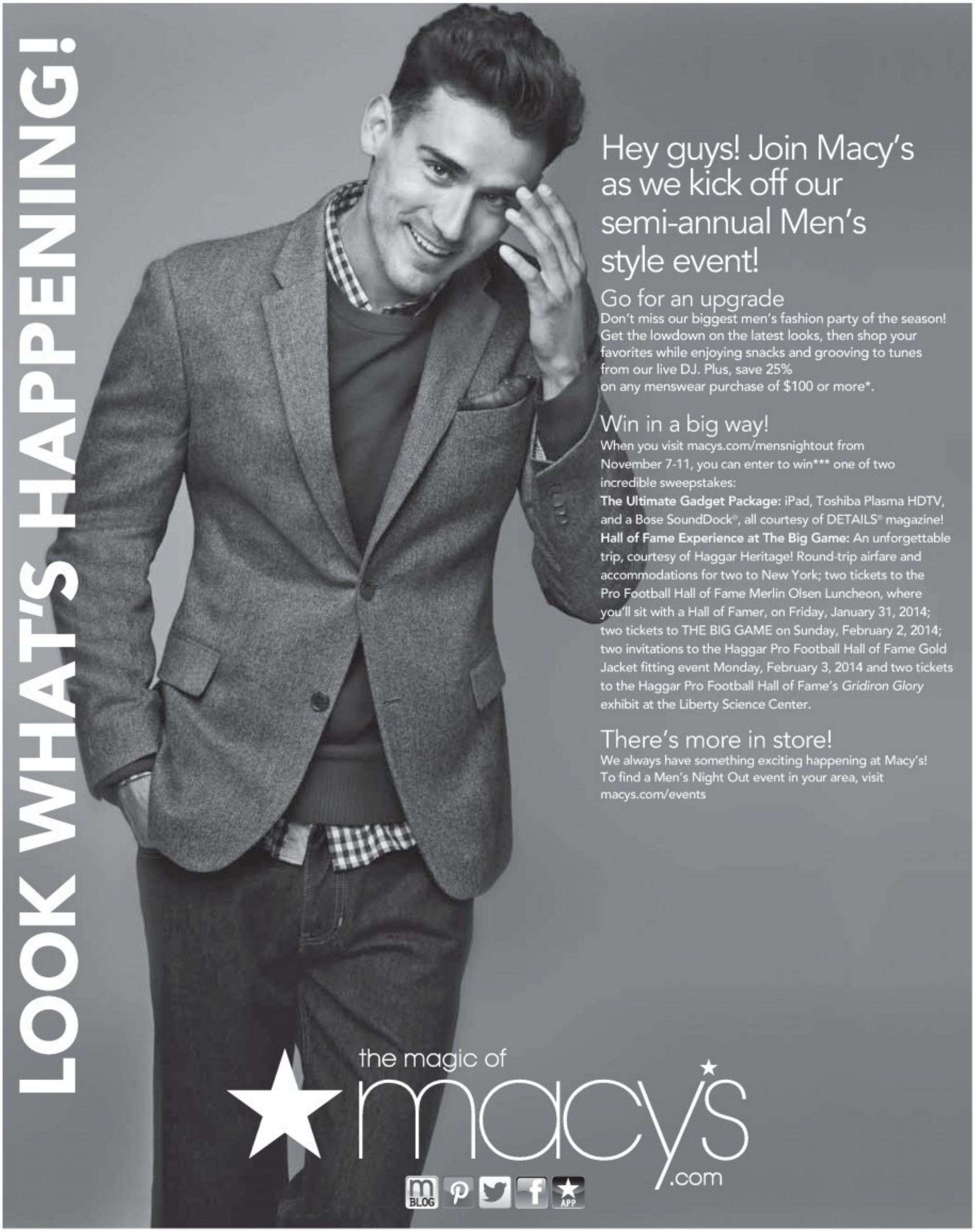
Reward

## Police seek serial bank robber

The Police and Fire Federal Credit Union is offering a $5,000 reward for information leading to the arrest and conviction of the man who robbed an Overbrook Park branch three times in four months.

Anyone with information is asked to call the FBI at 215-418-4000 or the PPD at 215.686.8477. METRO

The suspect / PPD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DETAILS

# 'Tough Cop' tells of fighting 'scumbags'

**Chitwood.** Police superintendent tells-all in new autobiography.

After 49 years of policing in three different states, it's not enough for Michael Chitwood to tell you he's seen it all.

The 69-year-old superintendent of the Upper Darby Police Department decided he wanted to share his fondest memories.

In his autobiography, "Tough Cop: Mike Chitwood vs. the 'Scumbags,'" released last month, the South Philly native tells his most interesting stories collected from a half-century in law enforcement.

**Resume**

**Chitwood earned more than 70 commendations.**

- He's known for referring to criminals as "scumbags."
- He's also known as "Media Mike."

In the book, co-written with Harold Gullan and published through Philadelphia-based Camino Books, Chitwood reminisces on 19 years in Philadelphia, five years in Bucks County, 17 years in Maine and eight years in Upper Darby.

He also offers his trademark candid opinions on the Boston bombings and the Fort Hood shooting.

And he explains why he still busts down doors on drug raids and joins bike patrols cruising through the streets of the Philadelphia suburb: for the love of the game.

"I want to stay as long as I can," Chitwood said. "That's why I put such an emphasis on physical fitness. These are all important to me and when I can no longer do that, then maybe it would be time to consider leaving. But right now, I don't even have the slightest inkling to do anything other than what I'm doing."

TOMMY ROWAN
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**Busted**

## Dozens arrested for drugs at Phish shows

Authorities arrested 42 people on drug and prostitution charges at three Phish shows in Atlantic City between Oct. 31 and Nov. 2.

Cops recovered hash, MDMA, psilocybin mushrooms, marijuana, marijuana-laced baked goods, LSD, prescription pills, bath salts and 51 nitrous oxide tanks.

Forty of 42 arrests were drug-related. METRO

**Free pizza**

## Celebrate Pie Day at Liberty Place

Former Philadelphia Eagle Jamaal Jackson will join the Phillie Phanatic and MANNA tomorrow at Liberty Place for a special sampling of pizza for "Pie Day."

MANNA's annual "Pie in the Sky" sale is a fundraiser to help provide nourishment for critically ill people in the Greater Philadelphia region.

The tasting is open to the public from 11 a.m. to 1 p.m. METRO

## Two top trailblazers

Lisa Nutter, president of Philadelphia Academies, Inc., and Dan Fitzpatrick, president and CEO of Citizens Bank and RBS Citizens in Pennsylvania, were the recipients of the 2013 Trailblazer award. PathWays PA hosted a gala to honor the two for their work with families in the Greater Philadelphia region. / PROVIDED

## JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.[a]

Today, I took steps to balance my TYPE 2 DIABETES.
Today, I took a walk and talked to my doctor.
See FREE offer below.[b]
Actor portrayal.

## JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase insulin production in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **By itself, JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

**Selected Risk Information About JANUVIA**

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

**Call 1-888-JANUVIA or visit www.Januvia.com.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a]Source: Fingertip Formulary,® August, 2013.
[b]Terms and conditions apply. Please see next page.

**Please read the Medication Guide on the adjacent page for more detailed information.**

Januvia® (sitagliptin)
25 mg, 50 mg, 100 mg tablets

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## Eligible patients may receive a free 30-day trial supply of JANUVIA® (sitagliptin) tablets.

Dose _____mg
Offer valid for up to 30 tablets.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

**How this voucher works:**
- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2014.**

**Prescriber:**

To initiate a free 30-day trial supply for an appropriate patient, you should:
- **Read the Prescribing Information before prescribing JANUVIA.** For additional copies of the Prescribing Information, call 800-672-6372, visit www.Januvia.com, or contact your Merck representative.
- Write a prescription for up to 30-day trial supply of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient.
- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- Restrictions apply. **Please see Terms and Conditions.**

Januvia® (sitagliptin)

**Pharmacist:**
- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the McKesson Help Desk at 800-657-7613 (8 AM–8 PM ET, Monday–Friday).**
- For any other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for the free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- McKesson Corporation reserves the right to audit and review all records and documentation relating to the redemption of this voucher and the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.

THIS VOUCHER IS NOT INSURANCE.

RxBIN No: 610524 RxPCN: 1016 RxGroup: 40026679 Issuer: (80840) ID: 080491823

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**Medication Guide**

**JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets**

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

**What is the most important information I should know about JANUVIA?**

**Serious side effects can happen in people taking JANUVIA,** including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

**Before you start taking JANUVIA:**

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

**What is JANUVIA?**

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

**Who should not take JANUVIA?**

**Do not take JANUVIA if:**

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

**What should I tell my doctor before taking JANUVIA?**

**Before you take JANUVIA, tell your doctor if you:**

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

**Pregnancy Registry:** If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.

- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

**Tell your doctor about all the medicines you take,** including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

**How should I take JANUVIA?**

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

**What are the possible side effects of JANUVIA?**

**Serious side effects have happened in people taking JANUVIA.**

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**How should I store JANUVIA?**

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

**Keep JANUVIA and all medicines out of the reach of children.**

**General information about the use of JANUVIA**

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them. This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

**What are the ingredients in JANUVIA?**

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

**What is type 2 diabetes?**

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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This Medication Guide has been approved by the U.S. Food and Drug Administration.

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US Patent Nos.: 6,699,871 and 7,326,708

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Revised: 05/2013

USMG-T-04311305R011

Januvia (sitagliptin)
25mg, 50mg, 100mg tablets

DIAB-1050517-0019 08/13

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**Terms and Conditions**

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the recipient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible United States residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- Data related to your redemption of this voucher may be collected, analyzed, and shared with Merck, for market research and other purposes related to assessing voucher programs. Data shared with Merck will be aggregated and de-identified, meaning it will be combined with data related to other voucher redemptions and will not identify you.
- **Expiration Date: 06/30/2014.**

Januvia® (sitagliptin) tablets

Cherry Hill

## Elderly man killed in car accident

A 73-year-old Cherry Hill man was killed Monday in a car accident, police said.

The man was walking across Church Road Circle around 5:15 p.m. Monday when he was hit by a 2013 black Cadillac Escalade, police said.

The SUV driver, who was not identified, did stop, police said.

The pedestrian's name was not released.

Police are asking that anyone with additional information about the incident call Officer Dolan of the Traffic Safety Unit at 856-432-8860. METRO

Toy drive

## Tony's Metro Magic

Join Metro in giving to a local child in need this holiday season. Here's how: Look for the Tony's Metro Magic logo on our website, www.metro.us. One click on the logo will take you to a Wish List we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested for kids, with more being added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices. If you donate, email Metro at charity@metro.us letting us know what you gave, and we'll print a "thank you" in the paper. METRO

# Incumbents dominate on Election Day 2013

**Big wins.** There were little to no surprises during Tuesday's election, especially in New Jersey.

Ronald Aita gets an "I voted" sticker after casting his ballot at a garage on South 18th Street in South Philly. / CHARLES MOSTOLLER, METRO

Incumbent candidates in the Greater Philadelphia region have dominated at the polls on Tuesday as most elected officials retained their seats in both the Philadelphia area and South Jersey.

While results were not official as of press time, Democrats City Controller Alan Butkovitz and District Attorney Seth Williams were expected to win their respective races. Butkovitz faced Republican Terrence Tracy while Williams went up against Republican Daniel Alvarez.

Across the river

## NJ results

Chris Christie easily retained his seat as governor in New Jersey beating out Democratic state Sen. Barbara Buono, likely setting himself up for a presidential run in 2016. (For more, see page 8.) Third District State Sen. Stephen Sweeney (D), Senate president, also swiftly beat his opponent, Republican Niki Trunk to keep his seat.

In New Jersey, Democrat Dana Redd kept her seat as mayor of Camden.

District 4 State Sen. Fred Madden (D) beat out opponent Giancarlo D'Orazio (R).

State Sen. Donald Norcross (D) was victorious over his opponent Keith Walker (R). METRO

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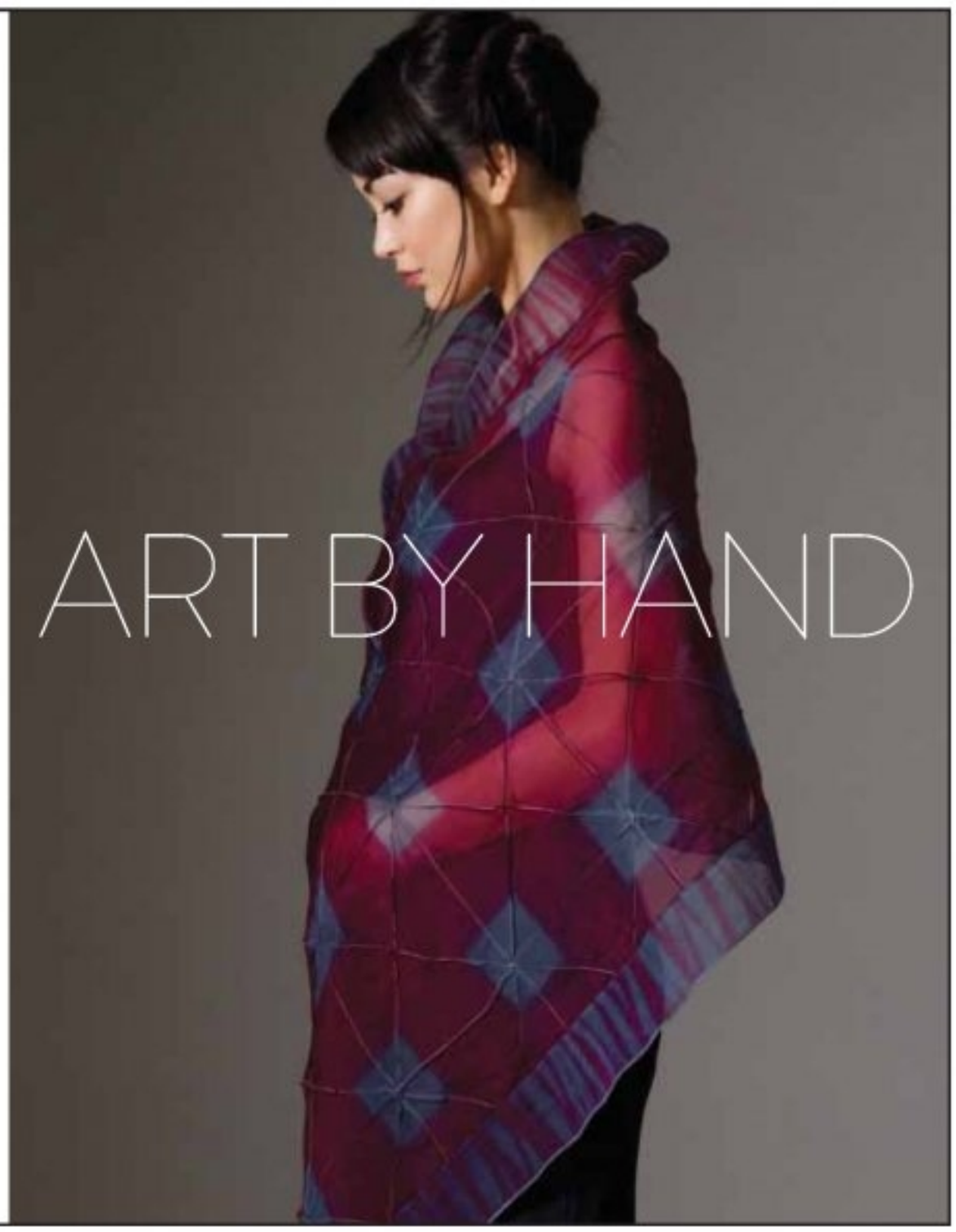

# GOP. New Jersey Gov. Chris Christie wins second term

New Jersey Republican Gov. Chris Christie handily won re-election on Tuesday, boosting his widely expected bid for the White House in 2016.

Christie was declared the unofficial winner, within minutes of the polls closing, by CNN, CBS and NBC.

The win by the blunt, tough-talking incumbent was expected by political experts to solidify his standing in the national Republican Party.

Christie — a blunt, tough-talking former prosecutor — has been highly visible working with Democrats, such as newly elected U.S. Senator Cory Booker, the former mayor of Newark.

He is perhaps best known for praising President Barack Obama for his response to New Jersey after superstorm Sandy devastated the state last year — an image that resonated with independent voter Lindsay Wilson, 32, a stay-at-home mother of two. REUTERS

Christie / GETTY IMAGES

**Quoted**

"If an opposing president supports him, he's got to be good. That was huge. ... The Republicans will have a hard time with knowing that he crossed the fence." Wilson

# Agency planning for those hit by health care rollout

**Law.** GOP have opposed the program as an unwarranted expansion of the government.

Centers for Medicare and Medicaid Services Administrator Marilyn Tavenner testifies before the House Ways and Means Committee on Oct. 29. / GETTY IMAGES

The Obama administration, beset by criticism over the botched opening of its new healthcare insurance website, says it is working on a plan to appease hundreds of thousands of people whose coverage has been canceled and millions of others unable to enroll.

While much of the criticism has come from Republicans, on Tuesday the head of the agency in charge of implementing President Barack Obama's signature healthcare reform law also came under fire at a congressional hearing from a leading Democratic senator, who said public confidence had been undermined by the flawed launch of the HealthCare.gov website.

"There's been fear, doubt and a crisis of confidence," said Senator Barbara Mikulski, a Maryland Democrat. "What I worry about is that there's such a crisis of confidence that people won't enroll."

Marilyn Tavenner, administrator of the Centers for Medicare and Medicaid Services, told the Senate Health Education Labor and Pensions Committee that the administration plans to start a four month-long media campaign in selected markets next month aimed at bringing back uninsured Americans, particularly young adults, who were unable to access HealthCare.gov after enrollment began on Oct. 1.

"Our goal is to stabilize the website this month and then we do have a targeted plan that includes not only young people but the large populations of the uninsured," Tavenner said. REUTERS

**Quoted**

"We are working on a plan. This is actually a conversation we're having today. ... Is there a way we can actively engage to reach out to people who have been canceled?"

**Marilyn Tavenner**
Administrator of the Centers for Medicare and Medicaid Services told a Senate oversight hearing

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# New service. Google offers live video chats on range of topics

Google Inc. is launching a service that lets consumers pay for live video chats with experts who can provide everything from step-by-step turkey cooking instructions to marriage counseling.

The Google Helpouts service, introduced this week, features roughly 1,000 partners in fashion, fitness, computers and other topics, available for live, one-on-one video consultations. The video sessions can be as short as a few minutes or can last several hours, depending on the topic, with pricing set by each individual provider.

The video consultations represent an expansion of Google's traditional Web search service, which for years has answered consumers' questions by pointing people to the most appropriate Web page. REUTERS

Google / GETTY IMAGES

# Toronto Mayor Rob Ford admits he smoked crack

**Staying put.** Ford said he will not resign or take a leave of absence from his position.

Toronto Mayor Rob Ford admitted yesterday that he has smoked crack cocaine, probably "in one of my drunken stupors," but insisted he's not an addict.

Speaking just days after Toronto's police chief confirmed that police have recovered a copy of a video that two media organizations have said shows the mayor smoking the drug, Ford told reporters he had smoked crack, perhaps about a year ago.

"Yes I have smoked crack cocaine," Ford said in his first admission of drug use after six months of evading the question.

"But, no, do I? Am I an addict? No. Have I have tried it? Probably in one of my drunken stupors, probably approximately about a year ago," he said.

Ford repeated yesterday a plea to the police to release the video, which he

Rob Ford / GETTY IMAGES

**Media calls him out**

All four big Toronto newspapers have urged him to quit.

told the Toronto Sun newspaper was probably "not pretty." He said he would not quit or take a leave.

Ford has already apologized for "mistakes" in his past, admitting to being "hammered" at a street festival this summer and drunk at city hall after-hours on St. Patrick's Day last year. REUTERS

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**Good and bad**

## AOL ad sales rise, but Patch sites weigh on profit

AOL Inc. reported higher-than-expected third-quarter revenue on increased advertising sales, but earnings fell sharply because of challenges at its network of community news 'Patch' websites.

AOL said it took a pre-tax restructuring charge of $19 million and an impairment charge of $25 million, both related to Patch, sending income down 90 percent to $2 million. REUTERS

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# Day 3: Temp enjoys Thursday meal special at Mister McFunbury's

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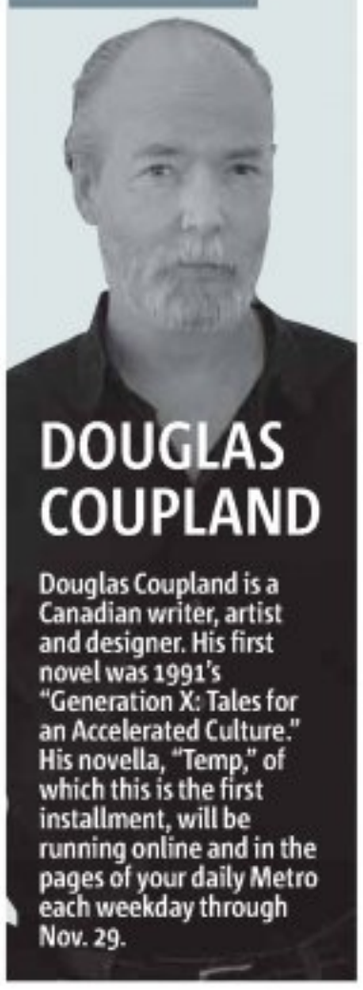

**DOUGLAS COUPLAND**

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the first installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Rarely have I ever felt so much like Sigourney Weaver at the end of an Alien movie. Around me nothing but casualties and disaster while I, Shannon the survivor, exit the doomed mothership to hop into a taxi to go on my glamorous date with a high-flying Asian businessman.

"Where to, Miss?"

"Mister McFunbury's."

"The one where they had the hostage taking last September?"

"No, the one by the off-ramp that takes you to the oil refineries."

"Right."

Mr. Xu (pronounced Mr. Shoe) was standing by the cigarette machine as I was told he would be. He wasn't hot, but he wasn't unhot, either — that's an important distinction. He was my age — late twenties, kind of Banana Republicky, and he was quite relaxed given the clattering of walkers stemming from "It's A Senior's Shrimpy Thursday!"

"I'm Shannon."

"I am Mr. Xu."

"Let's grab our seats."

We sat down, and my first instinct was to figure out Mr. Xu's language capacity. "How long have you been in the city?"

"Two very glorious nights."

"I'm glad they've been glorious. Is your hotel OK?"

"Most gracious hotel. Thank you."

Oh dear. I was going to be sitting with a fortune cookie all night. Well, OK. "Why don't we get into the McFunbury's spirit, Mr. Xu?"

"That would be most excellent."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs.

"My issue with Sarah No.1, Mr. Xu, is that on the first anniversary of Whitney Houston's death she Facebooked: 'One year later, heaven took an angel from Earth too soon.'"

"Most unfortunate."

"I'll say. And my issue with Sarah No. 2 is that at a Friday staff lunch she suggested 'we girls' go off on our own and have a 'cuddle puddle' to discuss things 'the boys just wouldn't understand.'"

"So sorry."

"And my issue with Sarah No. 3 — killer martinis, by the way — is that she insists on microwaving popcorn with that nauseating fake butter smell. She says, 'Well I think it smells like fun. If you don't like fun then I feel sorry for you.'"

"Most ungracious."

I stared at the laminated menu. "What do you think you'll order, Mr. Xu?"

He then looked at me and said, "Well, I'm not feeling very surf-and-turfy — you know, it's a mood that you're either in or you're not. And I kind of carbo-loaded at lunch — doing a half marathon in three weeks — so I guess I'll get a clubhouse with McFunbury Sauce on the side. You?"

"You, Mr. Xu, are a total dick."

"Let us both have one more most glorious martini. Clean or dirty?"

**TO BE CONTINUED...**

Sigourney Weaver as Ripley in "Aliens." / PROVIDED


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# 1 A 'Glee' spin-off in the works?

"Glee" is not long for this world. Next season will be its last, which makes sense, since all the original characters will have graduated by then. But some "Glee" faves are already well-positioned to break free of the high school format: namely Rachel (played by Lea Michele), who's been in New York launching her theater career since last season.

Is it possible that "Glee" could ditch its vestigial high school sets and live on as "The Rachel Berry Show"? Very possible, according to Radar, which claims that "Glee" creator Ryan Murphy is working to launch a spin-off vehicle.

"They're making the deals now, and it also presents a viable exit plan for the main 'Glee' series itself — in that some of its core cast would also migrate to the Lea Michele project as 'Glee' is showing signs of aging," a source says.

I wonder what cast members would make the jump. Chris Colfer and Naya Rivera are already New York-based — but Murphy is reportedly considering shipping Chris to Russia.

"We are mulling around the idea of moving Kurt (Chris Colfer) to Russia," a "Glee" source tells E! Online. No word on what his storyline would be, but since gay rights are under siege in Russia, that seems a likely motivation for the move, and wow, does that seem like a bad idea. I applaud "Glee"'s willingness to tackle tough issues unironically, but human rights crises generally don't get solved with jazz hands. MELINDA TAUB

# Eminem doesn't mean for gay slurs to insult gay people

**Eminem is totally cool with gay people, OK? You may not have gotten that impression from his derisive use of "gay-looking" and "f—t" on his new album, but allow him to clear up the confusion: He was just using "gay" as an insult, not to mean gay. Right.**

**Eminem says that when he began his career, he "never really equated those words" with actual gay people.**

**"It was more like calling someone a bitch or a punk or a—hole," he told Rolling Stone. "So that word was just thrown around so freely back then. It goes back to that battle, back and forth in my head, of wanting to feel free to say what I want to say, and then [worrying about] what may or may not affect people."**

**Phew! I'm sure the gay community is glad they got that cleared up. And I'm sure we'll all sleep better knowing that no one is restricting Eminem's freedom to say what he wants to say, even if what he wants to say is "f—t," a lot.** MELINDA TAUB

Eminem says that when he began his career, he "never really equated those words" with actual gay people. / GETTY IMAGES

# THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
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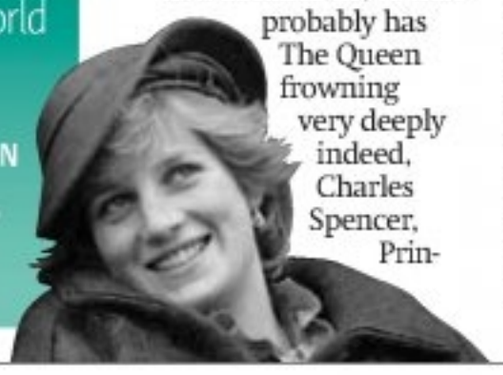
# You can visit Princess Diana's grave site — for a price

For a mere $13,000, you can stay where the late Princess Diana is buried.

In a declasse move that probably has The Queen frowning very deeply indeed, Charles Spencer, Princess Diana's brother, is renting out his family's ancestral home. The Althorp estate in Northamptonshire, England, was recently profiled by Conde Nast Traveler as a rental property. "It does not get much grander than this," the mag wrote, failing to mention the whole sleeping-near-a-burial-ground thing.



# 2 CULTURE

**Twitter feed**

**We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

**John Cusack is content and Kirstie Alley needs help.**

**@johncusack: Watching the brilliant "hannah and her sisters" by the maestro woody Allen - a great American film with wonderful actors everywhere**

**@kirstiealley: Tech geniuses..my twitter wouldn't work AT ALL for 2 days..it would kick me out! what technically would cause that? other than hate crimes?**

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Matthew McConaughey plays a homophobe who gets AIDS in the 1980s in "Dallas Buyers Club." / GETTY IMAGES

# Enjoying his comeback

**Transformation.** Matthew McConaughey swears losing weight for "Dallas Buyers Club" was fun.

Scott Takeda and McConaughey get serious in the film. / ANNE MARIE FOX, FOCUS FEATURES

By the time Matthew McConaughey signed on for the long-in-development "Dallas Buyers Club," it had become one of those projects many in Hollywood assumed would just never happen. The film, about real-life HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward. So what changed with McConaughey? He willed it into production through massive weight loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station. "There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're going to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal. "The body's much more resilient than we give it credit for sometimes," he says. "You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that weight fun. "Even the hard work is fun. The going down 47 pounds was fun," he says. "It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun."

"Dallas Buyers Club" serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in "Bernie," "Killer Joe," "Mud" and "Magic Mike."

As for what sparked the change, McConaughey gives full credit to his wife and two young children. "This is a really healthy time in my career. I'm enjoying and loving acting more than I ever have," he says. "I've got a really great support system in my family. They allow me to put the blinders on.

"I've got a wife who allows me to not have to look in the rearview mirror. And I'm still getting time with my family — and if anything I'd say kids sure help the job I do. They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working; when you're acting, you're not really acting."

**Quoted**

**"It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun."**

**McConaughey,** on losing 47 pounds for "Dallas Buyers Club."

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J. Roddy and Co. just want you to dance, damn it! / PROVIDED

# J's Boogie. Getting down to Business

J. Roddy Walston & The Business would like to see more people dancing when they play. The Baltimore-formed quartet creates the kind of raucous boogie that makes it hard to stand still, yet that's just what their audiences do, mostly.

"They stand there with their arms folded looking serious," says Walston.

Perhaps the band's raw, wild third album, "Essential Tremors," will get toes tapping to its rock 'n' roll, Stax soul and T. Rex boogie stew. The record is named for Walston's nervous-system disorder, which causes his hands to shake. The irony does not escape him.

"Something we've been talking about a lot is the power of moving to music," he says. "When rock 'n' roll started, people instinctively knew how to move, when to clap together, and to scream."

He hopes this latest effort will invoke that spirit. LINDA LABAN

**If you go**

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**Quoted**

"The record explores the idea of putting something out there rather than holding it as a secret that keeps you down."

Walston

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# Showcasing African heritage

**Traditions.** Philly's first DanceAfrica festival kicks off tonight.

In 1977, the Chuck Davis Dance Company constructed an African village within the confines of the Brooklyn Academy of Music. The success of that performance was the foundation for DanceAfrica, an annual weeklong festival that features performances, workshops and an outdoor bazaar. The festival has since spread to a number of other cities, including — as of this week — Philly, when the Community Education Center hosts the first DanceAfrica Philadelphia.

"The CEC has been looking to do more with the African dance and drumming community," says Theresa Shockley, executive director of CEC. "Each city does its own version, but I think they're all interested in having dance and drumming be the centerpiece of an effort to build and strengthen community."

That initiative fits perfectly with the mission of the CEC, a nonprofit performing arts space that supports the local arts community through educational and performance opportunities. As Shockley says, "My goal with DanceAfrica Philadelphia is to bring attention to the fantastic dance and drumming community that we have here. But, I'd also like to have people across racial and economic barriers realize what a powerful art it is and how it can, particularly for African Americans, be an important part of building character and family dynamic. For me, that's always what the arts are about."

Shockley, who has performed in past DanceAfrica festivals as a founding member of the dance company Urban Bush Women, worked closely with Davis, known as "Baba Chuck," to create a version of DanceAfrica unique to Philadelphia.

The inaugural four-day

**If you go**

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West African percussion orchestra Farafina Kan are part of DanceAfrica. / PROVIDED

festival, which she hopes will become an annual event, will feature performances by local ensembles including Kulu Mele African Dance and Drum Ensemble, Kariamu and Company: Traditions, and Illstyle & Peace Productions. In addition, there will be lectures and workshops, an Afro Beauty, Health and Wellness Marketplace, and an exhibition created with the Philadelphia Folklore Project called "Honoring Ancestors of Rhythm, Movement and Place."

"Since this is our first festival," Shockley says, "we wanted to look at the tradition of African dance from Africa through slavery up until today. The exhibit explores the political implications of what it means to be a part of that culture and to have that be an important part of your life. We wanted that history to be central to the whole event."

SHAUN BRADY
letters@metro.us


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**EDUCATION TOWARDS EMPLOYMENT**

## Storytelling.
## Iconic writers gather onstage for the First Person Arts Festival.

Sonia Sanchez, Philadelphia's poet laureate, will be joined by Nobel Prize-winning author Toni Morrison and former U.S. poet laureate Rita Dove for "Conversation and Song: Walking the Laureate Road," the kick-off event of this year's First Person Arts Festival, tonight at Drexel.

"Instead of letting them get up and do a reading, I thought it would be great to have a conversation about their works, about the country and being women who write that kind of thing," Sanchez says. "I feel people can get more into their lives with a conversation."

Sanchez was born in Birmingham, Ala., in 1934, came of age in Harlem and has called Philadelphia home since she started teaching at Temple in the late '70s. A leading light of the Black Arts Movement of the 1960s and 1970s, there is music, power, compassion and urgency in her voice.

Her two-year term as poet laureate expires at the end of the year. In her tenure, she led the "Peace Is A Haiku Song" initiative, where messages of peace were artistically framed on bus shelters, subway stops and sidewalks. An accompanying mural was dedicated this past June.

"After two years, you're just gearing up," says Sanchez, 79. "I wanted very much to do great things for the city. I wanted them to come out, listen and feel praised."

It's a return engagement for Sanchez, who has appeared at First Person events before. The fest, now in its 12th year, is the flagship event for the non-profit First Person Arts. Sanchez will also be featured, along with Angela Davis and Ana Castillo, in the Politics of Poetry event on Nov. 14.

Perhaps Sanchez will return to the festival in future years as the poet laureate of the United States.

"[Writing is] a calling that you do, and if any award comes along, then good, but you're not writing for awards. You're writing because that's what we're driven to do," Sanchez says. "I've been blessed to be able to do that which I love best."

CHRIS JORDAN
letters@metro.us

**If you go**

### First Person Arts Festival

**Tonight through Nov. 16**
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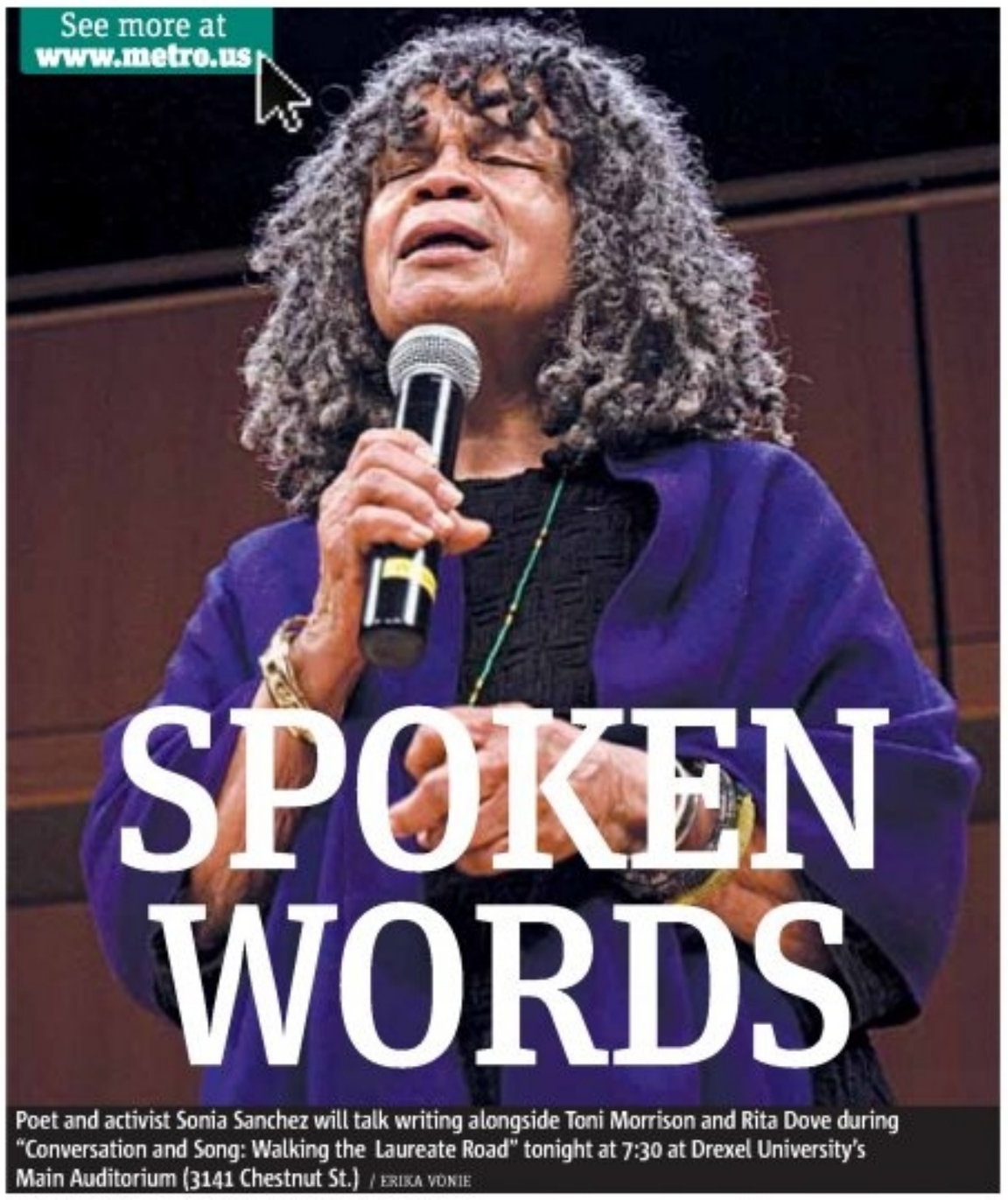
**www.firstpersonarts.org**

**Quoted**

**"After two years, you're just gearing up. I wanted very much to do great things for the city. I wanted them to come out, listen and feel praised."**
Sanchez



Poet and activist Sonia Sanchez will talk writing alongside Toni Morrison and Rita Dove during "Conversation and Song: Walking the Laureate Road" tonight at 7:30 at Drexel University's Main Auditorium (3141 Chestnut St.) / ERIKA VONIE

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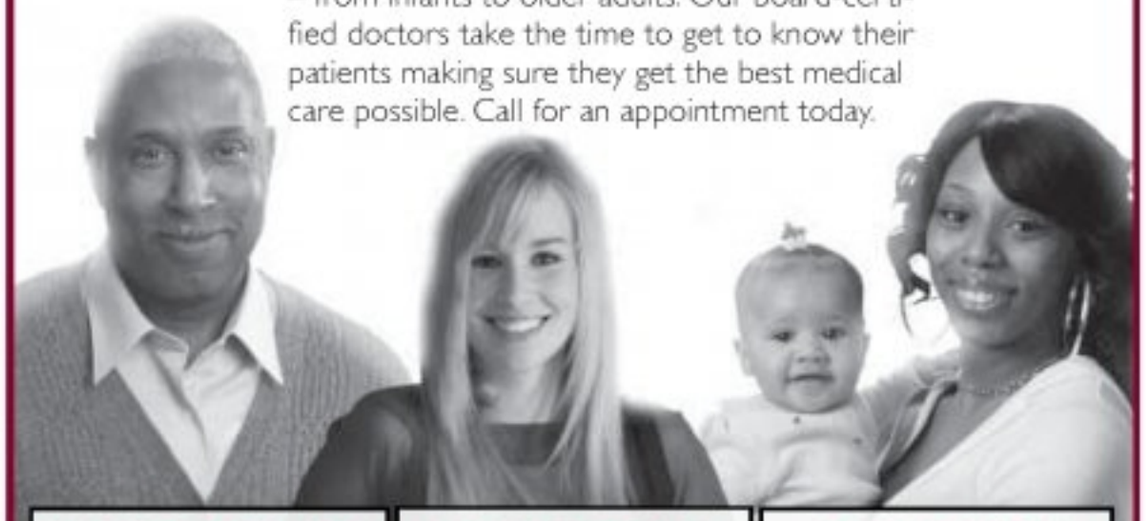
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# A fall party fit for any space

See more at www.metro.us

**Entertaining.** Party planner Andrea Correale sets the table for an autumn bash at your place.

Invest in a table setting that boasts fall blooms and no one will notice that broken lamp. / PROVIDED

When it comes to party planning, a lack of square footage can quite literally cramp your style. But your small apartment doesn't necessarily mean you're off the hook for hosting duties. Celebrity caterer and home entertaining expert Andrea Correale proves that with the right setup and seasonal elements, hosting a fall dinner soiree is totally possible.

## Map out your space

"To me, it's all about logistics — it's really creating a space within your space," says Correale, president of Elegant Affairs catering. "So many of the apartments are so small, how do you invite 10 to 20 people to this space?"

The key she says is to consider where people congregate. "The bottom line is, wherever you put the bar, that's where people are going to go first to mix and mingle," says Correale. "So wherever your biggest space is, that's where you should set up the bar." She also emphasizes making use of what you have, or getting it out of the way. "If you have a TV unit, or a bookshelf, clear off what's normally there and use those shelves for glasses," suggests Correale. "Or maybe you want to remove a piece of furniture to open up the space to create a flow."

## Focus on the theme

In this case autumn. "It's all about nature," Correale says. "I love using things that come from a wooded area. It could be acorns, chestnuts, artichokes or pears. I use any kind of pumpkin, gourd or eggplant. Anything that represents harvest."

Correale suggests filling bowls with your nature knickknacks for your centerpieces or investing in a beautiful tablecloth reminiscent of the season.

"On the dining room or the kitchen table, you want one focal piece that screams the season," she says.

If you're tight on space, set up a food station in the kitchen, says Correale. / FUSE

Mini pumpkins make for easy and inexpensive decor. PROVIDED

ANISA ARSENAULT
letters@metro.us

**Serve this**

## It's really all about the food

Of course, guests will be attracted to a table if it's fully stocked with good eats. Correale suggests making a singular flavor the theme. "Sometimes [for fall] I'll make pumpkin the theme," she says. "First I'll pass out a pumpkin soup in little sake cups. Then we'll pass out bowls of pumpkin gnocchi or ravioli. You can do roasted pumpkin fries, which are baked in the oven with maple and curry and cumin."

Another way to fully utilize space and get guest involved she says is to set up a soup bar right on your kitchen stove. "Have two really graceful soups on the stove," Correale says. "One can be a pumpkin bisque, another can be a corn potato leak soup. Put out a tray of either carved-up pumpkins or bread bowls, and let people help themselves."

**PLUS**

**One more**

### Set the tone

**Ultimately, you want guests to feel warm and welcome. "If you don't have a fireplace, light lots of candles," says the party expert. "Tantalize the senses with a pot of fresh apple cider on the stove. Let that permeate through the house. As soon as guests come in, greet them with a little sake cup of soup that warms them up and sets the tone for the fall party."**

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**Equipment**

**Shane plaid crew-neck sweater, $288, Shopbop.com**

**Zara**

**Checked coat, $239, Zara.com**

# Check it out

Our favorite grunge/punk look makes a comeback for fall.

In our opinion, plaid has always ruled. From the Kurt Cobain to Angela Chase "My So-Called Life" in the grunge era, from the hipster lumberjack resurgence to dad's work gear, it's a look that's both comforting and cool.

Recently we credit Dries Van Noten's lust-worthy spring 2013 show — filled with diaphanous checked shirts constructed in feminine taffeta and organza — for sparking the fashion world's current obsession with plaid, tartan and houndstooth prints. For fall, designers showed various takes on the style, from refined and structured (Stella McCartney and Celine) to dark and glamorous (Givenchy and Louis Vuitton) to pain grunge (Saint Laurent). One thing's clear: There's a version of the trend perfect for your wardrobe.

TINA CHADHA
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# LET TECHNOLOGY MONITOR YOUR WATER INTAKE — AND POOPING

## Daily Water

**Platform:** iOs
**Price:** Free or 99 cents

Frank Herbert's "Dune" depicts a far-off future where mankind has successfully thwarted a robot revolution, which occurred because it had become overly reliant on computers. Artificial intelligence, or any technology capable of doing more than a person, is outlawed, encouraging humanity to expand its mind power. This is a longish way of saying that we've come to rely too much on gadgets, particularly our smartphones, to do everything for us. Is a "Dune"-like future all that improbable?

Indeed, it's a bit silly to find merit in Daily Water, an app that does little but remind one to drink a healthy amount of water each day. But even if you guzzle the building blocks of life all day, every day, it's good to have something to guilt trip you into making sure you're doing the most important basic function in life. Every day we expel excess fluids; we can often forget to replace them.

The base of the app is a checklist: Depending on your settings, including factors like height and weight, you click off an image of a glass of water. (The size, too, can be adjusted, if for some reason you think a standard 9-ounce measurement is insufficient.)

That would be enough, but like most apps it packs in as many oddly useful features as it can. If you're really absentminded, you can program scheduled alerts. And the obsessive-compulsive can track history and trends via charts. One may be surprised by how infrequently one meets the basic water intake goal — or how often one goes well over and becomes a water addict.

App Appeal

MATT PRIGGE
MATT.PRIGGE@ METRO.US

The Daily Water app will remind you to stay hydrated.
PROVIDED

## Poo Long

**Platform:** iOs and Android
**Price:** 99 cents

And then there's this app, which tracks your pooping habits. But take this seriously for a second: We spend entirely too long on the can.

Our distant ancestors would get this business done in only a portion of a minute. Not to be too graphic, but that can be attributed to positioning: Early man squatted over holes in the ground at about a 45-degree angle, whereas toilets position us parallel to the seat, thus slightly blocking the flow of waste.

Anyway! Poo Long allows you to be more conscious about the time you're wasting on the toilet. But if you don't think this is a problem, and enjoy all the novel reading you get done during this time of day, you can celebrate that as well. So there's that.

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Explaining the Affordable Care Act

## The Affordable Care Act deadlines you need to know

Mark your calendar for Dec. 15. / CREATAS RF

**1 Dec. 15, 2013** This is the last day that you can buy insurance through your state's health care exchange if you want to have health insurance coverage on Jan. 1, 2014. This is especially important if you are receiving letters from your current health insurer informing you that your coverage is being terminated at the end of the year.

**2 March 31, 2014**
This is the last day to sign up for health insurance coverage on your state's exchange. You will still be able to buy health insurance outside of the exchange after this date, but if you are eligible for a subsidy, you will forfeit that money for 2013. You'll have to wait until the exchange reopens in October 2014 to purchase a subsidy-eligible plan.

March 31 is also the last day that you can enroll AND avoid the Affordable Care Act tax penalty for not having insurance. The tax penalty for not having health insurance is a minimum of $95 but can go as high as 1 percent of your taxable income, whichever is greater.

Yes, the exchanges are off to a rough start, especially in the 36 states that are relying on the government's technology platform. If you can't sign in to your state's exchange or don't trust that it's working properly, use the time between now and Dec. 15 to do your homework.

Think ahead about the health care you may need over the next year. Make sure you research what doctors and hospitals you want to have access to with "in network" benefits. Then, spend time online comparing the benefits, premium costs, out-of-pocket expenses and most importantly, the network of doctors and hospitals included under various plan options. Make an informed decision.

***Every week, Archelle Georgiou, MD, strategic adviser at HealthGrades, will explain one facet of the Affordable Care Act.***

# The new trend in fitness: Not even going to the gym

**High-speed.** Save time and money by streaming a workout in your living room.

Move over, boring fitness videos — trainers are now conducting classes that you can stream online, in real time. Expect all the same rigors of your gym workout, minus the communal showers.

Virtual instructors, like Marc D. Thompson, are able to charge nominal fees for live sessions.

Thompson runs his Skype-based personal training service, VirtuFit, from his home in South Florida. In 2008, his wife passed away, leaving him home with a 4-year-old daughter who was not yet in school. He was looking for a way to continue his personal training career while caring for her. He tried a Skype session with one client and it went so well that he's spent the last five years training exclusively via the platform. He charges $30 per half-hour session.

"I was like, 'Wow, this is not only easy for me, but this is very valuable, and now I can do something at home with my daughter,'" he says. "Now I've trained almost 20 others to do this."

One concern that Web workout-phobes might have is that they won't get helpful feedback without a trainer in the same room, at the ready to adjust their form or assist in a move. Thompson is quick to negate this, saying that he can see "what happens visually to a body" when it's in an improper form.

"We have to eliminate this hands-on approach, because it's easier for the client but it's a disservice," he says. "I would rather spend five minutes with my client having them get in position on their own, than five seconds of me putting them into position and them not being able to do that the next day. The learning curve is a little slower than when I'm in a studio, but the retention is immediate and I never have to deal with it again."

Elaine Meier, a public relations professional in Florida, has been a client of Thompson's for about six years. She says "the flexibility of being able to work out anywhere I am" is what she most enjoys about her Web-based workout, which she takes part in three times a week.

"I skip a lot of lunches I'm supposed to be at — I sort of work my schedule around his workouts," she says.

Mary Helen Bowers calls streaming workouts "the future." / BALLET BEAUTIFUL

Another option

### Do it on the cheap

Crunch Gym recently launched Crunch Live, with classes in five categories: Chill Out, Chisel It, Dance Rhythms, Sexy Series and Throwback. The streaming workouts are pre-taped with actual Crunch members. New workouts and playlists are continuously uploaded. Subscribe for $9.99 per month.

Mary Helen Bowers

### The leader

As Natalie Portman's trainer for "Black Swan," ballet dancer Mary Helen Bowers found that traveling with the star meant she couldn't always be in NYC for her clients, so she took her business, Ballet Beautiful, online in 2010.

"I think it's the future," she tells Metro. "From a business perspective, you have [a larger] scale." Bowers' clients around the world log on to take part in her private and group ballet classes. You might think that an A-list trainer's class is out of your budget, but Bowers charges only $35 for a group lesson, similar to Thompson's rate.

"Maybe I'd prefer to sit down in person and have coffee with a friend, but sometimes all I have [is] FaceTime," she says as a comparison. "You're getting all the benefits with the bonus of saving time."

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# How a hairdresser can save your life

Deadly disease
What is melanoma?
Melanoma is the deadliest form of skin cancer, responsible for 71 percent of all fatal skin cancers.
Stylist Michelle Campbell, right, spotted a cancerous mark on Karin Dumas. / PROVIDED

**Barber benefit.** Your stylist might spot cancerous moles that would otherwise go undetected.

Cathy Shattuck thought she was just going in for a haircut.

The Chelmsford, Mass., resident had an appointment with her stylist, Sal Malafronte, at Salon Mario Russo in Boston. But she never thought she'd leave that day with a scary revelation.

"He was cutting my hair and he said, 'Geez, there's a little something funky there. You should probably get it checked out,'" Shattuck says. "I thought, if this person thinks that it should be checked, then I definitely should."

What Malafronte noticed was a mole that was asymmetrical and off-color.

"It looked a little unusual, a little darker than it should have been, and the sides were a little jagged. It looked like it had spread a bit from its original form," says Malafronte, artistic director at the salon.

Shattuck's doctor told her the mole was basal cell carcinoma — skin cancer.

"It turned out I had three areas of cancer," says Shattuck, who underwent Mohs surgery to have the moles removed. Now with a clean bill of health, her story is just one of many where a hairstylist may have saved a client's life.

"The Skinny on Skin" is an initiative created by the Melanoma Foundation of New England that provides free training to hair and beauty professionals to detect dangerous moles. The foundation is hoping to take the program national. Lesions on the head and scalp account for 5 percent of all melanoma, and due to the likelihood of late detection in that area, melanoma on the head and scalp is responsible for 10 percent of all melanoma deaths. It's grave statistics like those that keep the program growing, training more than 300 stylists in the Northeast so far.

Malafronte caught one too. PROVIDED

Michelle Campbell, owner of Hair Plus Salon in Norway, Maine, is one such stylist. She had encouraged her client Karin Dumas to have a growing mole on her scalp checked for years, and when Dumas finally did she learned she also had basal cell carcinoma.

Post-surgery, Dumas is cancer-free, and Campbell has a client for life.

"Even if I moved out of state, I would probably go back to her," Dumas says, "because I am eternally grateful."

**Who is at risk?**

While anyone can get melanoma, there are some groups that are at a higher risk than others. They are:

- White males over age 50
- Those with family members who have had melanoma
- People who spend a lot of time exposed to ultraviolet light, particularly tanning and burning
- People with atypical moles

**How do I prevent skin cancer?**

- Wear sunscreen with an SPF of at least 30, even in colder and rainy weather
- Wear sun-protective clothing like a wide-brimmed hat
- Do not lay out in the sun or in tanning beds
- Conduct regular self-examinations

*Info courtesy of the Melanoma Foundation of New England*

MEGAN JOHNSON
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## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.** Open communication will help clear up uncertainties. Questioning your relationships will help you make a wise business choice.

**♐ Sagittarius | Nov. 22-Dec. 21.** Take precautions and don't say or do something that can come back to haunt you. An innovative way of offering assistance will help you keep a secret.

**♑ Capricorn | Dec. 22-Jan 20.** Your ability to get the job done will result in more opportunities. Dedication will result in raising your standard of living.

**♒ Aquarius | Jan. 21-Feb 18.** Rethink past mistakes to avoid making a poor choice now. Don't be afraid to make a decision.

**♓ Pisces | Feb. 19-March 20.** A contract or financial deal will pay off. A project will have its problems, but also its advantages. Filter through your options and take what works for you.

**♈ Aries | March 21-April 20.** Keep your head down and your work up to date. The more you can accomplish, the easier it will be to put an emotional issue on the back burner.

**♉ Taurus | April 21-May 21.** If you mingle and ask questions, you will receive an invitation to share ideas with influential peoples.

**♊ Gemini | May 22-June 20.** Not everyone will be looking out for your best interest. Don't let anger take over. Make subtle alterations that ensure safety.

**♋ Cancer | June 21-July 22.** Participate in activities or events that will allow you to use your skills, creativity and charm to connect with people who can enrich your life. A joint, service-oriented effort will turn out well.

**♌ Leo | July 23-Aug. 22.** Don't back down from a challenge; dealing with each demand quickly and efficiently will be the way to maintain control.

**♍ Virgo | Aug. 23-Sept. 22.** Talks will lead to resolutions. Your ability to see both sides will put you in a good position. Romance will improve your life.

**♎ Libra | Sept. 23-Oct. 22.** Take care of responsibilities and don't let anyone get to you emotionally. Accept the inevitable and work on a stable project.

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## Sudoku: Easy and hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 1 | | 2 | 6 | |
| | 8 | | | | 7 | | | |
| | | 6 | 3 | | | | | 8 |
| 4 | 5 | 7 | | 6 | | | 2 | 3 |
| 3 | | | | 5 | | | | 7 |
| 6 | 2 | | | 3 | | 4 | 9 | 5 |
| 9 | | | | | 6 | 5 | | |
| | | | 4 | | | | 8 | |
| | 1 | 3 | | 7 | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 9 | 3 | 1 | |
| | | | | | 1 | 6 | | |
| | 1 | | 7 | 5 | 2 | 4 | | 8 |
| | 8 | 3 | | | 4 | | | 2 |
| | | | | 8 | | | | |
| 6 | | | 9 | | | 8 | 4 | |
| 8 | | 2 | 4 | 9 | 5 | | 3 | |
| | | 1 | 3 | | | | | |
| | 3 | 9 | 2 | | | | | |

**How to play**
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters

### An oily relationship

John Kerry and his meeting with Saudi Foreign Minister Prince Saud el-Faisal was laughable, in a depressing kind of way. The U.S.-Saudi alliance is enduring for oil, and oil alone. Both Kerry's and el-Faisal's comments about wanting peaceful negotiations on the Syrian conflict come only after Saudi Arabia's funding of radical rebels has largely been unsuccessful there (and the fact that no one wants these rebels to take over power). This is thanks to the international community.

MAYSOON DAYOUB, VIA EMAIL

### Not all that glitters should be worn in daylight

**Re: 'Pulling off gold makeup' (Metro, Nov. 5)** Gold, metallic, glittery makeup during the day?? I think not. It looks so garish. Maybe if you were going to the opera. Or you were in the opera.

FRAN MANNIX, VIA EMAIL

### Girls, don't have a cow

**Re: 'US girls keep hitting puberty at earlier age' (Metro, Nov. 5)** While increased caloric intake can contribute to the onset of early puberty, let's not neglect to mention the many studies that have determined that increased consumption of meat and dairy products are also a major cause. A study done in England in 2010 showed results of girls getting their period earlier as the ones eating the most meat. High dairy intake has been associated with breast development and early menstruation. Parents need to be aware of the growth hormones given to the millions of cows in this country.

KAREN MARTINEZ, VIA EMAIL

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

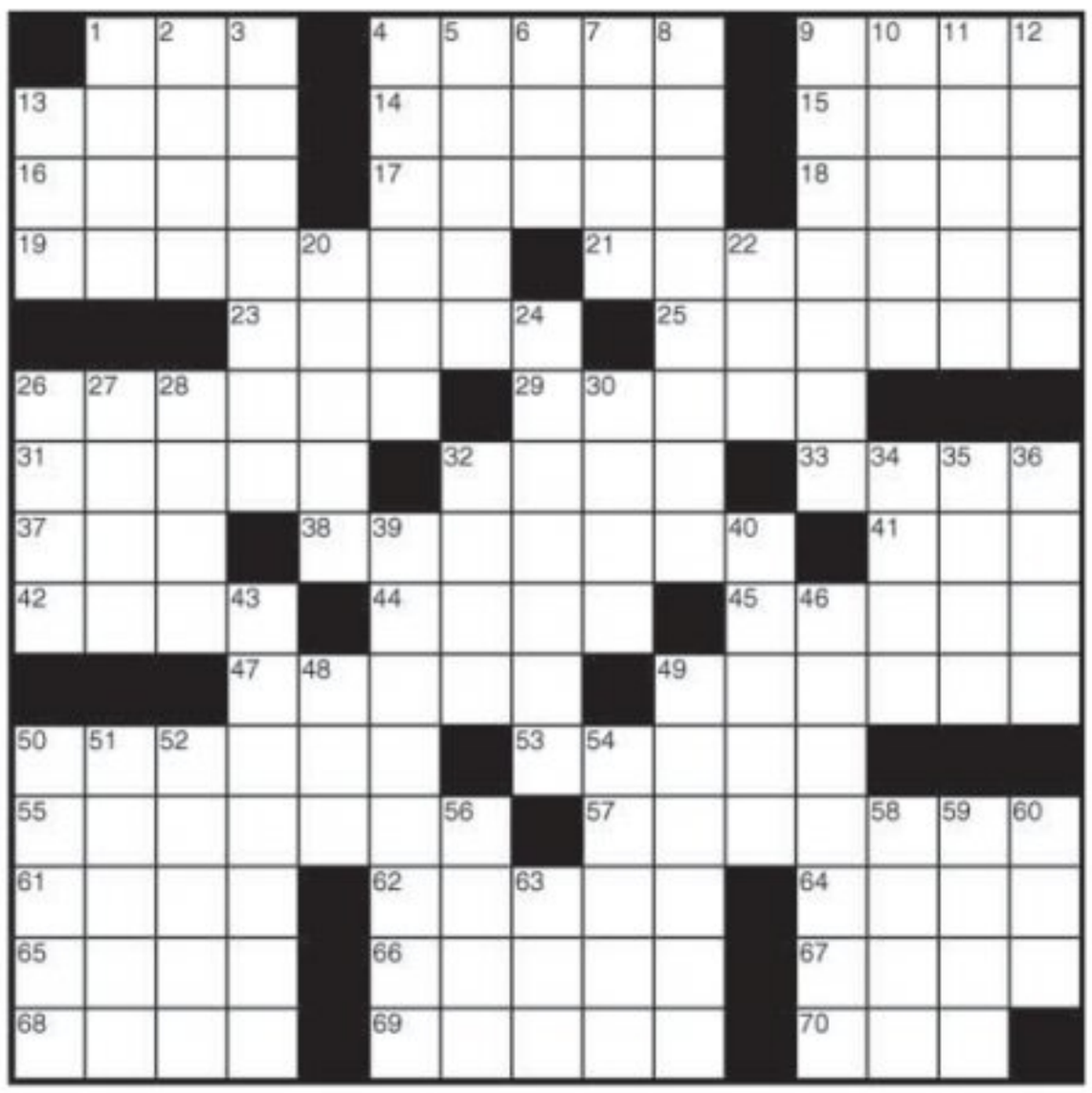
## Crossword

**Across**

1 Once around the track
4 Quay
9 Ming thing
13 "Bhagavad- —"
14 Vietnam capital
15 Game-show name
16 Hoople of the comics
17 Rocker – John
18 Painted tinware
19 Toaster snack (2 wds.)
21 "The Ancient —"
23 Formal, maybe
25 Most pleasant
26 Ski run
29 Cold-weather drink
31 Antique brooch
32 Lavish attention
33 Koh-i- — diamond
37 Back when
38 Sustain
41 Groove
42 Flat-topped hill
44 Boxy vehicles
45 Humble
47 Archaeology find
49 Clowns' device
50 Hesitate
53 Ursa Major neighbor
55 Edible lizards
57 Team member
61 —, vidi, vici
62 Snowy
64 Butter substitute
65 MIT grad
66 Blake of jazz
67 Feds (hyph.)
68 Courtesy env.
69 Brat, plus
70 Over there

**Down**

1 Large sedan
2 Sleep like — —
3 Delinquent (2 wds.)
4 "— the beef?"
5 Puts an end to
6 Aardvark prey
7 Motel vacancy
8 J.P. Morgan's specialty
9 Cardinal's home
10 Without help
11 Graf rival
12 Wield, as authority
13 Blank space
20 Pyromaniac's work
22 John Wayne's "— Lobo"
24 Disdained
26 Hoax
27 Hamster's digs
28 RN employers
30 Elevator pioneer
32 Like some controls
34 Paperless exam
35 Supplant
36 Hwys.
39 Intimidated
40 Door in a plane
43 "Silk Stockings" hoofer
46 Life study
48 Dice throw
49 Glossy fabric
50 Some bills
51 Booster rocket
52 Respiratory organs
54 Math figure
56 "Soapdish" actress
58 Brat in "Blondie"
59 High schooler
60 Long time
63 Noted blue-chip



**Yesterday's answer**

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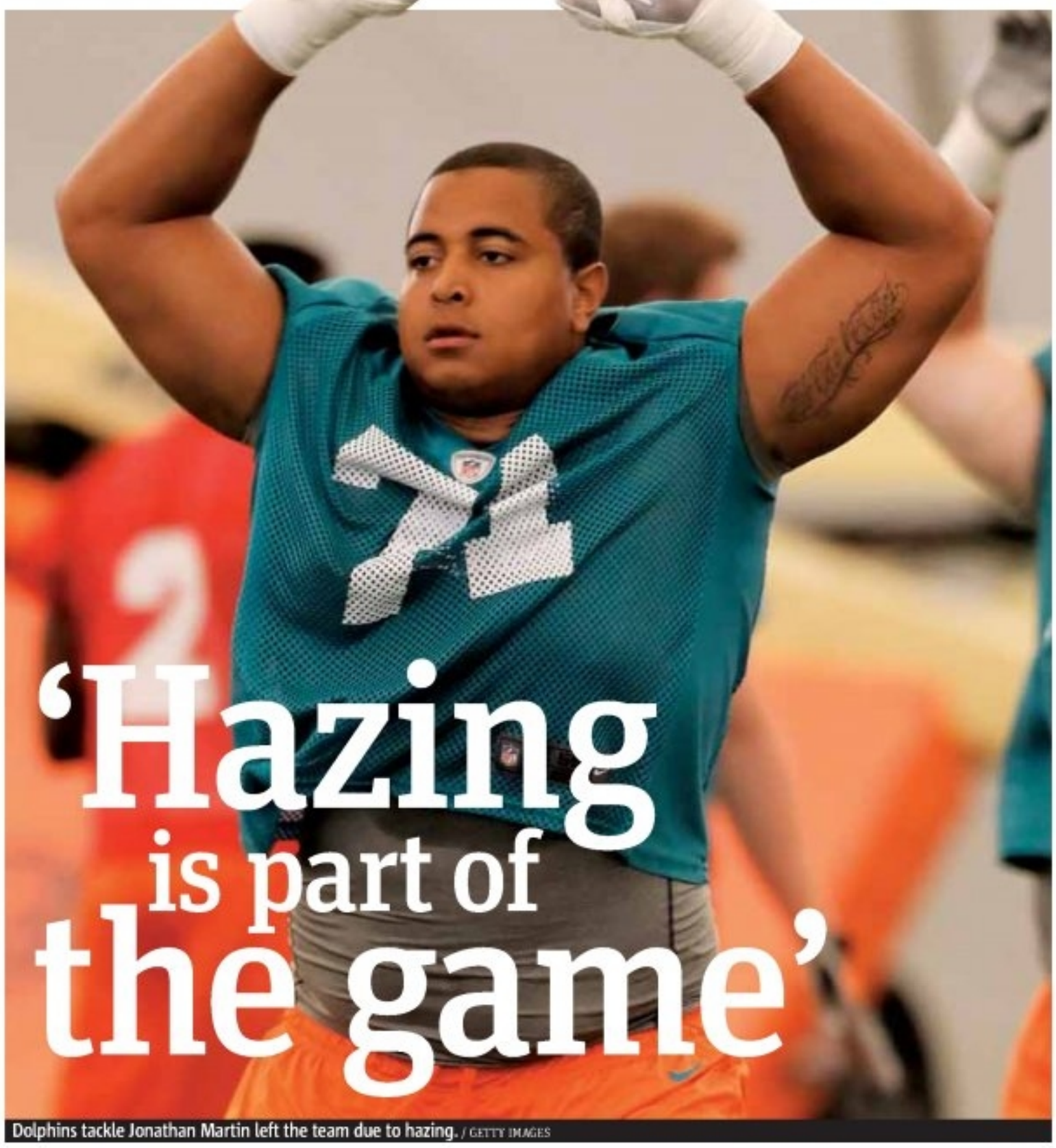
**NFL.** Birds players discuss role of hazing between rookies and veterans in NFL locker rooms.



# ‘Hazing is part of the game’

Dolphins tackle Jonathan Martin left the team due to hazing. / GETTY IMAGES

Hazing is an unofficial rite of passage in the NFL.

Mostly, it is harmless. Veteran players require rookies to take the team out to an expensive dinner, or spray gel into their game cleats.

Eagles second-year linebacker Mychal Kendricks recalled taking teammates out to Del Frisco’s Double Eagle Steak House in Center City. Some players made him order to-go steaks for their dogs and the bill totaled around $20,000.

“I know what I went through and next year they’ll do it, too,” Kendricks said. “I’m looking forward to it.”

Kendricks was trying to shed some light on the rookie hazing experience as the mess in Miami continues to unfold. Dolphins second-year left tackle Jonathan Martin left the team last week after accusing teammates of bullying him. He claimed he was forced to pay a $30,000 dinner bill, while falling victim to racially-charged texts and voicemails from veteran guard Richie Incognito. The Dolphins have since suspended Incognito.

“I wasn’t in his shoes, I wasn’t there,” Eagles cornerback Cary Williams said. “I just know that hazing is part of the game. You have to have veteran leadership to tell guys when they’re going too far. I think the situation got out of hand, and I still feel like, [Jonathan] Martin … if all else fails, put up your dukes, man.”

Williams wasn’t criticizing Martin. His point was that if someone crosses the line in an NFL locker room, then defend yourself.

Cary Williams
GETTY IMAGES

“I don’t think anyone in the NFL, anyone in this locker room, would disagree with a scrum, if it got to that point,” Williams said.

Kendricks, who knows Martin from competing against him in the Pac-12 during their college days, admitted there is a scale for hazing based on where you were chosen in the NFL Draft. A second-round pick, like Martin and/or Kendricks, would have to pay more on a dinner than a fifth-round pick, like Eagles rookie safety Earl Wolff.

Wolff is in charge of supplying the defensive backfield with snacks during team meetings, according to Williams.

“I’ve never made someone feel low,” Williams said. “When they come in, even though they are rookies, they are still men. They worked their tails off to get to this point. You want a guy to feel at home, feel comfortable around the guys, feel that camaraderie, especially late in the season. You’re going to need that camaraderie when you face adversity.”

Williams joked that he loved being hazed when he played in Tennessee — even his head coach, Jeff Fisher, got in on the fun. Again, it should never be mean-spirited. The worst thing that ever happened to Williams was losing one-half of his Air Jordan sneakers.

“I had my Jordans thrown in the cold tub,” he said. “I only found one of those shoes. I’m still looking for the other one.”

MICHAEL GREGER
michael.greger@metro.us

## 3 SPORTS

**Hall Pass**

### *Foles headed to Canton*

**Nick Foles’ game-worn jersey, complete with a fresh grass stain, along with the official game ball from Sunday’s record-tying performance in Oakland, has been sent to the Pro Football Hall of Fame in Canton, Ohio. The set will be on display for visitors.**

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# NFL power rankings | by Mike Greger

**No. 1**

## Seahawks (8-1)

It has now been two weeks in a row that mighty Seattle almost fell to inferior opponents — this week against the winless Bucs. That also makes two weeks in a row they dug deep and somehow pulled out the win. If they have another poor showing against Atlanta — a team that appears to have given up at 2-6 — then we'll start worrying. For now, we are still thinking championship thoughts for Russell Wilson, Marshawn Lynch and the Seahawks.

**No. 2**

## Chiefs (9-0)

It's a simple formula for Kansas City: Let Alex Smith manage the game, run Jamaal Charles into the ground, wreak havoc on defense and watch the wins pile up.

**No. 3**

## Colts (6-2)

Andrew Luck now has 10 game-winning drives in the fourth quarter or overtime. Now T.Y. Hilton needs to grow into the Reggie Wayne role.

**No. 4**

## Broncos (7-1)

Denver is an offensive juggernaut, we know this. But we still want to see them win a knock-down, drag-out defensive struggle.

**No. 5**

## 49ers (6-2)

Pass-rush specialist Aldon Smith is eligible to play. Eric Wright and Michael Crabtree are close to returning. And, the Niners are flying under the radar.

**No. 6**

## Patriots (7-2)

Is it a coincidence Tom Brady threw for a season-high 432 yards and four touchdowns with what looks like a 100 percent Rob Gronkowski back in the lineup? We think not.

**No. 7**

## Saints (6-2)

Drew Brees made a couple of big mistakes and Rob Ryan just can't seem to beat his twin brother. We'll chalk it up as an off day.

**No. 8**

## Bengals (6-3)

The story of the season. They're unstoppable with Good Andy Dalton and can't get out of their own way with Bad Andy. He can't throw three picks.

**No. 9**

## Lions (5-3)

They are arguably the best offense in the NFL. They rank No. 3 in total yards (416), passing yards (317.9) and points (27.1) per game.

**No. 10**

## Bears (5-3)

What an impressive performance Monday night from Josh McCown to put Chicago in a three-way tie for first. It only gets better with Jay Cutler expected back this week.

**No. 11**

## Panthers (5-3)

Four straight wins for the hottest team in football. Has quarterback Cam Newton finally figured it out? It's starting to look that way.

**No. 12**

## Packers (5-3)

Aaron Rodgers is out for at least a few weeks with a fractured shoulder. Luckily, it's his non-throwing arm, but the Pack can't survive without their MVP.

**No. 13**

## Titans (4-4)

They're slow and steady like a tortoise. It's a boring brand of football, but it's been very, very effective for Mike Munchak's squad.

**No. 14**

## Cowboys (5-4)

If we're going to trash Tony Romo when he chokes, we have to give him props when he saves the day as well. Nice comeback for the NFC East leaders.

**No. 15**

## Cardinals (4-4)

This defense might be the most underrated in football, especially with the way Patrick Peterson and Tyrann Mathieu can change games.

**Top-20**

**16** Chargers (4-4) Philip Rivers was one yard away from being 5-4. That has to hurt.

**17** Dolphins (4-4) It's hard to ignore the off-the-field issues in South Beach.

**18** Ravens (3-5) Baltimore just looks lost offensively.

**19** Jets (5-4) You are what your record says you are?

**20** Eagles (4-5) Never know what you'll get from Nick Foles.


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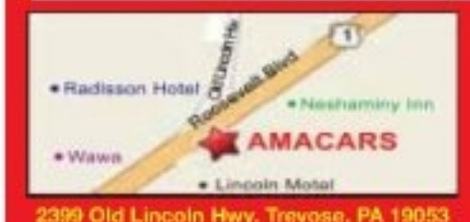


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# Sixers. Three-game winning streak over, on to the next one

Stop the presses. The Sixers lost a game.

It was inevitable, but what rubbed some fans the wrong way was that it came against former Philly lightning rod Andre Iguodala. The former Sixers swingman had a career night, pouring in 32 points and a career-high seven 3-pointers.

"It was almost kind of like a high school game, where you get it going and you can't miss," Iguodala said after the 110-90 loss. "I got a good look or two and the confidence started flowing."

The Sixers get right back to work tonight (7 p.m., CSN) when they host the Washington Wizards, a team they beat, 109-102, last Friday.

Michael Carter-Williams, who was recently named Eastern Conference Player of the Week, downplayed the fast start.

"I'm happy about it and it's a great achievement, but my focus is on the next game," he said.

METRO

**The slate**

**The Sixers are back in action tonight vs. Washington. Here are some recent trends.**

- The Sixers have won eight of the last 10 after losing five straight vs. Washington from Nov. 24, 2009 to Nov. 23, 2010.
- Both teams scored 100-plus points Nov. 1 after neither reached 100 in the four games prior.
- After Washington is a home date with the Cleveland Cavaliers on Nov. 8.

Hollis Thompson scored seven points off the bench Monday.

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# Phils open free agency with little fanfare

**MLB.** Carlos Ruiz and Roy Halladay are likely gone, but Phils could pursue Curtis Granderson.

Ruiz is being pursued by the Rockies. / GETTY IMAGES

The MLB free-agent bonanza is underway. Free agents began signing with new teams yesterday. The Phillies are letting a pair test the market, Carlos Ruiz and Roy Halladay.

The Rockies are reportedly after Ruiz, but if Chooch hasn't had a change of heart, expect the veteran catcher to give the only team he's ever known the right of first refusal.

"I love playing for the Phillies," Ruiz said. "They've always been good to me. I hope to be back."

Ruben Amaro also has indicated that he would like to retain Ruiz. However, if Chooch gets an offer he can't refuse, he may move on and that puts the Phillies in a predicament. Oft-injured Braves catcher Brian McCann figures to go to the AL, so he can spend some time at DH.

Red Sox backstop Jarrod Saltalamacchia is looking for a big deal. It'll be curious what becomes of Halladay, who didn't crack Sports Illustrated's top 50 free-agent list. And will someone sign Doc, coming off shoulder surgery and ineffectiveness?

"It only takes one team," an NL scout said. "But if I had to predict, I don't think anyone is banging down his door. The Phillies could sign him to a team friendly deal but you never know."

After failing to make a splash last season and having so many holes to fill, it'll be curious who the Phils make a play for? Who will Amaro go after?

"The Phillies have a lot of work to do," an NL scout said. "Where do you start first? They need a boost in the outfield. There are a lot of guys that will be crazy expensive like Jacoby Ellsbury and Shin Soo Choo. The guy I can see them going after is Curtis Granderson. He had a terrible walk year and that should lower his price tag."

ED CONDRAN
sports@metro.us

**Tigers**

## Cabrera hangs with Eagles

Miguel Cabrera was at Eagles practice yesterday posing with players and talking to coach Chip Kelly.

Don't read too much into it. The Tigers slugger underwent a core muscle repair procedure in Philadelphia and he's rehabbing in the area. Cabrera, who also visited Flyers practice last week, is under contract until 2016. METRO

**Red Sox**

## Ellsbury gets one-year offer

The Red Sox made qualifying offers to three players: Jacoby Ellsbury, Stephen Drew and Mike Napoli.

Each player can choose to accept a one-year deal worth $14.1 million or test free agency. The Red Sox didn't make an offer to catcher Jarrod Saltalamacchia. METRO

**Astros**

## Astrodome's fate looming

Houston officials are voting on whether to turn the shuttered Astrodome into a convention center or demolish it.

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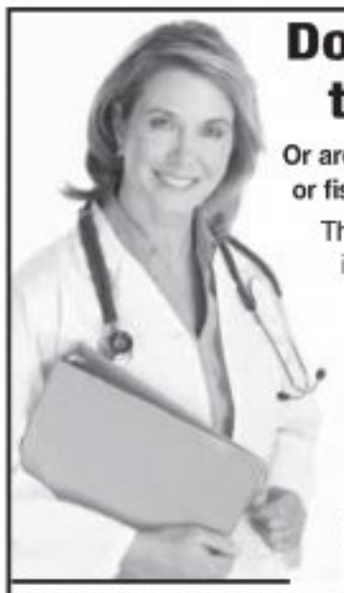

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